




The Secret Ingredient (Chipotle): Chipotle BBQ Oven Ribs


 **Gluten Free**  **Dairy Free**

READY IN




180 min.

SERVINGS



4

CALORIES



1472 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 6 pounds baby back ribs separated
- 7.5 ounces chipotles in adobo
- 2 cloves garlic chopped
- 0.3 cup granulated sugar
- 14 ounces catsup
- 4 servings kosher salt
- 1 cup blackstrap molasses

- 0.5 onion spanish chopped
- 2 tablespoons vegetable oil

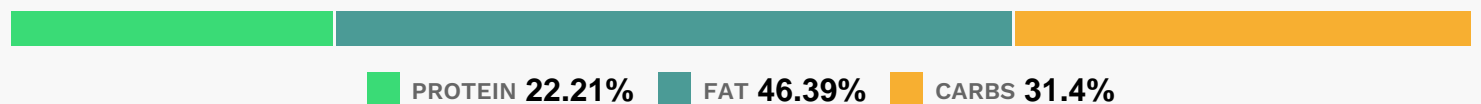
Equipment

- baking sheet
- oven
- pot
- aluminum foil
- stove

Directions

- Heat the oil on medium-high, and add the onion and garlic. Sauté until soft, about 5 minutes.
- Add the rest of the ingredients, except the ribs; turn heat to low, and simmer uncovered for 25 minutes. Cool to room temperature.
- Put the ribs and the sauce in a large plastic sealable bag, and refrigerate overnight.
- Preheat the oven to 300°F. Arrange the ribs on a foil-lined rimmed baking sheet, season with salt, and cover tightly with foil.
- Bake for 2 1/2 hours. Meanwhile, bring the barbecue sauce to a boil in a pot on the stove. Boil for 3 minutes, and set aside.
- Uncover the ribs, turn them over, and bake an additional 30 minutes.
- Brush with barbecue sauce on both sides, and serve hot.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:39.75, Inflammation Score:-8, Nutrition Score:51.094782953677%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 1472.16kcal (73.61%), Fat: 77.06g (118.55%), Saturated Fat: 25.86g (161.64%), Carbohydrates: 117.36g (39.12%), Net Carbohydrates: 111.49g (40.54%), Sugar: 104.85g (116.5%), Cholesterol: 295.76mg (98.59%), Sodium: 1499.34mg (65.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.02g (166.04%), Selenium: 147.67µg (210.95%), Vitamin B3: 31.27mg (156.37%), Vitamin B1: 2.01mg (134.25%), Vitamin B6: 2.57mg (128.26%), Vitamin B2: 1.48mg (87.19%), Zinc: 11.34mg (75.62%), Potassium: 2594.08mg (74.12%), Manganese: 1.47mg (73.28%), Phosphorus: 718.31mg (71.83%), Magnesium: 287.12mg (71.78%), Iron: 8.92mg (49.57%), Copper: 0.9mg (44.79%), Vitamin B5: 4.26mg (42.56%), Vitamin B12: 2.4µg (40.01%), Calcium: 326.64mg (32.66%), Vitamin D: 4.72µg (31.43%), Fiber: 5.88g (23.51%), Vitamin E: 3.04mg (20.25%), Vitamin K: 15.56µg (14.82%), Vitamin A: 606.39IU (12.13%), Vitamin C: 5.55mg (6.73%), Folate: 11.59µg (2.9%)